



FRESH FRUITS & VEGETABLES

All fresh fruits and vegetables, including yams and sweet potatoes

Also allowed: pre-cut or packaged fruits and vegetables and bagged salads/coleslaw

No canned, jarred, dried or frozen fruits/vegetables.
No potatoes (sweet potatoes and yams are allowed).
No salad bar/deli items, pre-cut or packaged fruits and vegetables with dips, bagged salads with dressing.
No fruit baskets or decorative vegetables (gourds, pumpkins) and fruits.
No herbs and spices (ex., parsley, basil, cilantro, rosemary, thyme, etc.).



USING YOUR CASH VALUE VOUCHER

The Cash Value Voucher (CVV) is cashed like a normal WIC check, but there are some slight differences:

1. The total value of the CVV is indicated on the check – you may purchase fresh fruits and vegetables up to the maximum value.
2. If the total purchase amount goes over the face value of the CVV, you may pay the difference in another acceptable tender (cash, SNAP/ Food Stamps, etc.).
3. If the total purchase amount is less than the face value of the CVV, you will not receive any cash back.
4. Each CVV needs to be processed separately and cannot be combined with the value of another CVV or another WIC check.



BREAD

Must be whole-wheat or whole-grain bread
1 lb. (16 oz.) for women
Up to 2 lbs. (32 oz.) for children

BRANDS

Our Family 100% Whole Wheat Bread (16 oz.)
Village Hearth 100% Whole Wheat Bread (16 oz.)
Wonder Soft 100% Whole Wheat Bread (16 oz.)
Great Value 100% Whole Wheat Bread (20 oz.)
Sara Lee Soft and Smooth 100% Whole Wheat Bread (20 oz.), Soft and Smooth 100% Honey Whole Wheat Bread (20 oz.), Classic 100% Whole Wheat Bread (16 oz. or 20 oz.)
Country Hearth 100% Whole Wheat Bread (24 oz.)
Sweetheart 100% Whole Wheat Bread (24 oz.)



BROWN RICE

Must be plain, whole grain
Bagged or boxed – instant allowed
Up to 1 lb. (16 oz.) for women
Up to 2 lbs. (32 oz.) for children

No Uncle Ben's, wild rice, blends, ready rice or organic rice.



COLD CEREALS – 12 oz. or larger



Grape-Nuts + ▲
& Grape-Nuts Flakes ▲



Kix (regular only)



King Vitaman ★



Mini Wheats ▲ +
Also: Bite Size + ▲, Unfrosted + ▲



Life (regular only) ▲
Also: Our Family 4 Corner Crunch



Honey Bunches of Oats
(Honey Roasted only)



Cheerios ▲ & Multi-Grain Cheerios ★ # ▲



Complete All-Bran Wheat Flakes ★ # + ▲



Oatmeal Squares (blue box only) ★ + ▲



Frosted Mini Spooners ★ + ▲



Crispix
Also: Flavorite, Our Family Crispy Hexagons, Food Club Twin Grain Crisp



Great Value Frosted Shredded Wheat
Also: Our Family, Food Club, Albertsons, Flavorite, HyTop & Market Pantry



Our Family Toasted Oats
Also: Flavorite, Food Club, Albertsons, Great Value, HyTop and Market Pantry



Total Whole Grain # ★ ▲
Also: Albertson's Wheat & Rice Flakes, Great Value Multi Grain Flakes



Flavorite Crunchy Wheat & Barley
Also: Our Family Nutty Nuggets, Food Club Wheat n Crunchy, Albertsons Crunchy Wheat & Barley, Great Value Crunchy Nuggets & HyTop Crunchy Nutties



Bran Flakes + ▲
Also: Flavorite, Our Family, Food Club, Albertsons, HyTop and Great Value



Corn Flakes
Also: Flavorite, Albertsons, Our Family, Food Club, Great Value & HyTop



Malt O Meal Crispy Rice ★
Also: Flavorite, Our Family, Albertsons, Food Club, Great Value/HyTop Crisp Rice



Corn, Rice, Wheat ★ + ▲ & Multi-Bran + ★ Chex
Also: Our Family/Flavorite Rice, Corn or Wheat Biscuits, Food Club/Albertsons Corn or Rice Squares, Great Value Toasted Rice, Corn or Wheat



HOT CEREALS



Malt O Meal plain ★ or chocolate ★



Quaker Instant Oatmeal ▲ (original only, packets only)
Also: Flavorite, Our Family, Food Club, Albertsons, Great Value, HyTop and Market Pantry



Cream of Wheat (1 min., 2 ½ min., 10 min.) Whole Grain + ▲ (2 ½ min.)

CEREAL KEY

- ★ - 100% FOLATE/ FOLIC ACID
- # - 100% IRON
- + - 4 GRAMS OR MORE OF FIBER
- ▲ - 51% OR MORE WHOLE GRAIN

Buy any combination of cereals 36 oz. or less.

$$18 \text{ oz.} + 18 \text{ oz.} = 36 \text{ oz.}$$

$$12 \text{ oz.} + 12 \text{ oz.} + 12 \text{ oz.} = 36 \text{ oz.}$$

$$16 \text{ oz.} + 19 \text{ oz.} = 35 \text{ oz.}$$

$$12 \text{ oz.} + 24 \text{ oz.} = 36 \text{ oz.}$$



WHOLE WHEAT TORTILLAS

Up to 1 lb. (16 oz.) for women
Up to 2 lbs. (32 oz.) for children

BRANDS

Chi Chi's Whole Wheat (16 oz.)
Carlita Whole Wheat (16 oz.)
La Banderita Whole Wheat (12.7 oz. or 16 oz.)
Resers Whole Wheat (15 oz.)
Mission Whole Wheat (16 oz. or 17.5 oz.), Multi Grain (17.5 oz.) – No Carb Balance products
Cruz Whole Wheat (12.8 oz.)
Don Pancho Whole Wheat (16 oz.)
Ortega Whole Wheat (14.3 oz.)



SOFT CORN TORTILLAS

Up to 1 lb. (16 oz.) for women
Up to 2 lbs. (32 oz.) for children

BRANDS

Mission Yellow Corn extra thin (16 oz.), Yellow Corn super size (14 oz.), White or Yellow Corn (27.5 oz.)
Cruz Corn (10 oz. or 27 oz.)
La Burrita Corn (16 oz.)
Azteca Corn (27 oz.)
Don Pancho Corn (16 oz.)
La Banderita Corn (16 oz. or 27.5 oz.)



INFANT CEREAL



8 or 16 oz. box – rice, oatmeal, mixed, whole wheat, barley

No added fruit or formula, organic or DHA.



BABY FOODS – FRUITS & VEGETABLES

Gerber – 4 oz. jars, single ingredient only

2nd Foods – fruits: applesauce, bananas, pears
2nd Foods – vegetables: sweet potatoes, squash, carrots, green beans, peas



Gerber – 3.5 oz. plastic (two packs), single ingredient only

2nd Foods – fruits: applesauce, bananas, pears, peaches
2nd Foods – vegetables: sweet potatoes, squash, carrots, green beans, peas



Nature's Goodness – 4 oz. jars, single ingredient only

Fruits: applesauce, bananas, peaches, pears
Vegetables: carrots, green beans, squash, sweet peas, sweet potatoes



No organic, DHA, dinners, desserts, combinations (ex., apple blueberry), 1st Foods, 3rd Foods or diced.



FORMULA



Brand, size, and amount as indicated on check.

No substitutions or exchanges allowed.

